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ROSEMARY WESTWOOD
Stanford aligns itself with rapists
metroVIEWS

Your essential daily news | WEDNESDAY, AUGUST 24, 2016 | High 29°C/Low 22°C Sunny

GOLDEN RETURN

Breakout star Penny Oleksiak among the medal-bearing Olympians returning from Rio

metroSPORTS

THE CANADIAN PRESS

$5M for T.O. road safety

DEADLY STREETS

Feds to help fix problem intersections, signal changes

Luke Simcoe
Metro | Toronto

The federal government is pitching in to help fix Toronto's deadly streets.

As part of a $1.49-billion investment in transportation in Ontario, the federal Liberals announced Tuesday they would be helping cover some of the cost of Toronto's new road-safety plan.

Ottawa will be contributing $5.1 million to the city's $80-million plan, helping pay for things like new mid-block crossings, pedestrian signal changes and redesigning problem intersections.

"The sooner we can get to work putting the road safety plan into action on our streets, the better," said Coun. Jaye Robinson, chair of the public works committee.

Ottawa has agreed to fund up to half the cost of eligible, shovel-ready projects in the road plan. The city will still need to pay up front, but Ottawa will reimburse the money.

When that cash comes, Toronto's traffic safety manager, Roger Browne, said it can serve as "seed money" to help expand the road safety plan or roll it out faster.

Walk Toronto spokeswoman Maureen Coyle applauded the Liberals for investing in safer streets, but said the city's budget remains insufficient to eliminate road fatalities — a goal known as Vision Zero. "It's a good start, but it's inadequate," she said.

Twenty-eight pedestrians and one cyclist have been killed on Toronto's streets this year, putting the city on track to meet or exceed last year's tally of 42.

For more on federal infrastructure investment in Toronto, see page 5

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metro NEWS
Your essential daily news

U.S. proposing a ban on swimming with dolphins in Hawaii. **World**

The meaning of Manhood

YOUTH

Book featuring personal stories of 45 men to launch Sunday

Gilbert Ngabo
Metro | Toronto

Shane Cupid vividly remembers growing up in foster care.

"It was like hell," said the 24-year-old, recalling how he used to talk to himself all the time because there was no one else to converse with.

"To think that everybody else was outside having fun while you're just locked up in the room, it was so hard. I would cry at night."

Years later, Cupid has channelled his own tumultuous childhood into efforts to help youth in Toronto.

He works as a summer camp counsellor and was part of the youth committee at last year's Pan Am Games.

He is one of 45 Toronto men whose personal stories are shared Manhood, a new book exploring contemporary masculinity and touching on themes like sex, strength and identity.

For Cupid, sharing his story is a way to find himself and create a better life, something he hopes can serve as a lesson for other young men.

"The challenge is always to try and not be my past, but be a better future," he said. "Don't let all that bad stuff get to you."

Zamani Thomas wrote the book's introduction, and he hopes the project will encourage youth to look past traditional ideas about manhood and masculinity.

"There's this belief that showing a softer side for men is a sign of weakness," he said.

Thomas worked with youth across Toronto for the project, and said it was a challenge to get them to open up. Those who did shared stories about experiencing racism, being bullied, beating cancer, wrongful incarceration and more.

"Their stories are so powerful it's like an explosion," he said.

Manhood's official launch takes place Sunday at Daniels Spectrum on Dundas Street East.

For me, manhood and humanity are one and the same. We are all human beings and should strive for the good of everyone. That's the real meaning of manhood.
Zamani Thomas

Manhood to me means developing and learning. It's about what you make out of life and learning to change for a better you, instead of what negative people have to say about you.
Shane Cupid

Zamani Thomas, left, and Shane Cupid are among 45 Toronto youth who shared their personal stories in Manhood, a book exploring topics such as sex, strength and identity for young men. LIZ BEDDALL/METRO

CHARITY WORK

After trip around world, anthem singer back on Canadian soil

After serenading people in 80 countries with their own national anthems, Vancouver girl Capri Everitt, 11, is finally back on Canadian soil and ready to sing at the Toronto Blue Jays game Friday.

"It's really exciting," Capri said Tuesday during a visit to the CNE with her family: mother Kerrie, father Tom and little brother Bowen. The Everitts have spent the past nine months bouncing around the world so Capri could sing various national anthems to raise money for international charity SOS Children's Villages. Friday marks the last anthem stop before they fly home to Vancouver.

"I'm very excited to have sung all my 80 anthems, and I'm very excited not to have to learn, every second day, a different anthem in a different language," Capri said. "But I'm proud that I've learned all the anthems."

Dubbed Around the World in 80 Anthems, a twist on the classic novel Around the World in 80 Days, Capri's journey began last year on Nov. 20, when she sang O Canada at UNICEF's Universal Children's Day celebrations in Ottawa. Since then, she's travelled to countries including South Africa, Indonesia, Liechtenstein and Trinidad and Tobago, singing anthems in 41 languages.

Capri, who has been singing and playing piano since she was 5, was inspired to do something after reading stories about child poverty — especially orphans forced to collect garbage to survive — in the book The World Needs Your Kid: How to Raise Children Who Care and Contribute. It was her father, Tom, who came up with the idea for her to sing anthems — kids in other parts of the world might not know the latest English pop songs, but can sing along to their own anthem — and her mother, Kerrie, who thought up 80 Anthems.

"We really try to encourage our children to use what they love to do to help other people, and that's what this trip is really all about," Kerrie said.

The couple, who work in real estate, said their trip was partially funded by sponsors like Flight Centre and Eurail, who covered some flight and train expenses, but that they also used their own money. None of the donations were used by the family, and a book and documentary are also in the works to help raise more money for SOS, Kerrie said.

Throughout the trip, Capri sang at schools and SOS villages, often accompanied by local children, while little brother Bowen wrote a blog documenting their travels. Although singing anthems in Spanish and French wasn't too difficult, Capri said the anthems for China and Poland posed the biggest challenges.

"(Mandarin and Polish are) so difficult and different from English … And also (the anthems) are very long," she said, adding that she had trouble finding a local to teach her the Polish anthem.

On Friday, Capri will sing O Canada before the Blue Jays play the Minnesota Twins at the Rogers Centre. Capri landed the gig after a social media post of her holding a sign asking to sing at the game went viral and the Jays were bombarded with requests to let her perform.

TORSTAR NEWS SERVICE

Capri Everitt, 11. TORSTAR NEWS SERVICE

REAL ESTATE

Bateman puts beloved lodge on market

The Robert Bateman lodge features a Rumford fireplace.
TORSTAR NEWS SERVICE

A 6.3-acre piece of the Haliburton Highlands, embedded in the art and memory of one of Canada's best-known artists, is up for sale.

Robert Bateman's cottage was listed on Tuesday for $520,000. It may not compare to the snowy peaks of the Rockies, but Bateman says the Haliburton place remains "probably the deepest in my heart."

Recently, however, the custom-built, 2,100-square-foot log home has stood empty too much of the time. The famed naturalist and wildlife painter and his wife Birgit live full-time on Salt Spring Island, B.C. They use the cottage only two weeks out of every other year when they visit Bateman's brother nearby.

"I feel we're selling it but we're not saying goodbye," the 86-year-old artist said on Tuesday of his scenic "Lodge" near the Buckslide River, which flows from Lake Kushog into Lake Boshkung.

He hopes the new owners will be open to allowing him to bring round a bottle of wine so he and Birgit can enjoy the view and their family memories when they visit the area, about 2.5 hours from Toronto.

"Robert and Birgit have a sentimental connection with the property and want to see it go to someone who will be able to enjoy the beauty and potential that this place has to offer," said Amanda Robinson, who has been helping to market the home for Haliburton Re/MAX agents Troy Austen and Jeff Wilson.
TORSTAR NEWS SERVICE

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Librarian Desmond Wong will focus on bringing more indigenous voices to the University of Toronto. LIZ BEDDALL/METRO

UofT brings Indigenous librarian in

FIRST NATIONS

Appointment of new expert 'a positive step' says director

May Warren
Metro | Toronto

Students at the University of Toronto will soon be able to check out more indigenous books and other materials from the school's library.

UofT recently hired Desmond Wong as its first librarian to specialize in indigenous issues. He'll work to grow the volume of indigenous material in the library's collection.

Wong is not indigenous himself but was hired with input from the campus' First Nations, Inuit and Metis communities.

He's also worked with indigenous groups in Arizona and Northern Quebec.

"I really see my role not as being directed necessarily by me," he said. "It's very important to me that I not continue this cycle of assuming what indigenous peoples want or need."

Wong will also be working on personalized librarian service that's available to all indigenous students.

"The university and the library can be a very overwhelming place, and having someone whose name you know and you know is responsible for you to be able to guide you is really important," he said.

Jonathan Hamilton-Diabo, director of Aboriginal Student Services on campus, called the hire a "positive step" towards including more indigenous voices throughout the university.

"It's an area that we were missing," he said. "It won't just benefit the students it will actually benefit the entire university community as well."

> I just think it brings a different perspective that we had not had before.
> Jonathan Hamilton-Diabo

Transit budget bonanza

INFRASTRUCTURE

TTC gets $500M for capital work but critics fear operating cuts

A $500-million federal windfall for Toronto transit will make the TTC more reliable and accessible for disabled riders, says Mayor John Tory.

Transit advocates, however, say the Trudeau government's welcome foray into TTC funding comes as Tory himself is threatening service with demands for a budget cut.

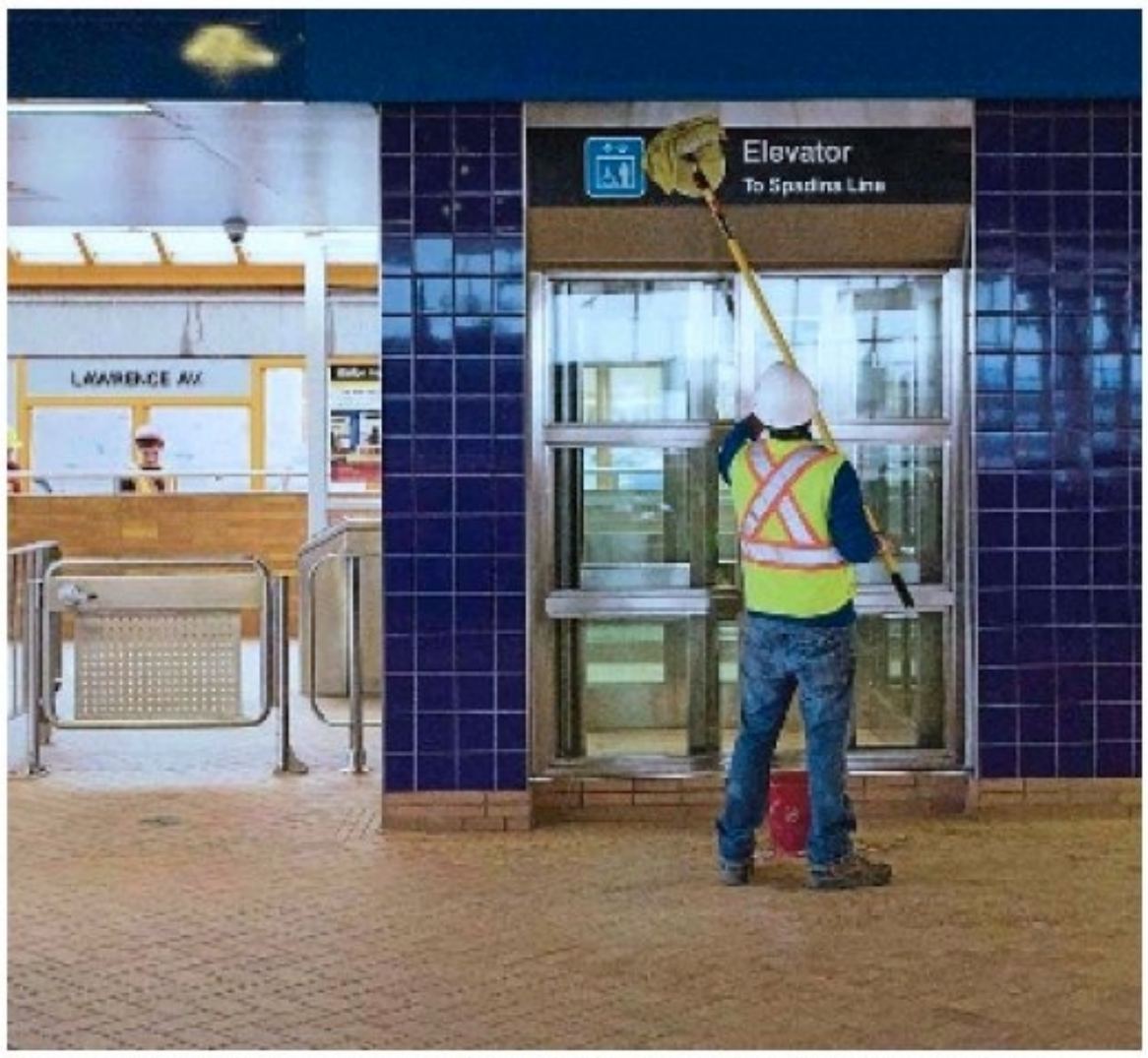
"Today is all about moving to get things done. We're ending decades of inaction and debate and finger-pointing back and forth," Tory said at St. Clair West subway station, flanked by more than a dozen provincial and federal politicians.

Over the next two years, Toronto will embark on an "ambitious schedule of repair, renewal and enhancement and expansion," with a total of $840 million in federal funding — with matching city dollars, he said.

"The shortfall is a different issue," Tory said. The TTC estimates it is facing a $190-million funding gap next year. That doesn't include the 2.6 per cent cut Tory and council have proposed for all city agencies and programs, including the TTC.

Jessica Bell, executive director of the transit advocacy group TTC Riders, said that while the federal funding is "a good, sensible move," there is still a $2.3-billion capital backlog and badly needed revenue just to keep service levels where they are now.

"The reality is, John Tory's decision to cut the TTC budget is creating a budget crisis."



New elevators at stations are among items to be built. CARLOS OSORIO/TORSTAR NEWS SERVICE FILE

Sheila Block, a senior economist with the Ontario office of the Canadian Centre for Policy Alternatives, agreed the funding announcement is great news for Toronto.

"It has been a long time since the federal government could be relied upon as a partner for this kind of endeavour, and it is very heartening to see that the money is targeted to the state of good repair, which is very necessary," she wrote in email. "However, this funding won't relieve the city's operating budget woes because it is dedicated to capital spending. The bottom line: The TTC is facing the same operating pressures that it faced before this announcement, which is the equivalent of an 11 per cent cut in its operating budget."

Tory said he remains optimistic TTC management can cut costs without affecting service.

"I believe in my heart in a big $1.7-billion organization there are always better ways to do things."

Tory added that many overlook the $135 million his administration has spent restoring TTC services since he took office.

The projects receiving federal funding include upgrading the signal system, replacing tracks, renewing the fleet of streetcars, buses and subways, transitioning to Presto and making subway stations accessible for disabled riders.

The Toronto Region Board of Trade applauded the announcement.

"This investment is critical to maintaining our enviable quality of life and foundational to ensuring we are able to support our economy and population," Jan De Silva, the board of trade's president and CEO, said in a press release. TORSTAR, WITH FILES FROM THE CANADIAN PRESS

> **The TTC is facing the same operating pressures ... the equivalent of an 11 per cent cut in its operating budget.** Sheila Block, Canadian Centre for Policy Alternatives

BY THE NUMBERS

Cash on the tracks

How the $500M will be spent:

$360M

Bus, streetcar and subway repair, station overhaul, elevators and escalators, bus stop improvements, new Wheel Trans vehicles, computer modernization, bridge and structure maintenance

$42M

Bike parking at 40 TTC stations, bike share expansion at 50 stations, cycling network expansion.

$40M

Transit expansion, including planning and design for SmartTrack, waterfront transit and relief line.

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Romeo gets a tweak in play's new version

LGBTQ ISSUES

Star-crossed lovers are both women in new adaptation

May Warren
Metro | Toronto

In a famous line from Shakespeare's Romeo and Juliet, Juliet asks "what's Montague? It is nor hand nor foot, nor arm nor face, nor any other part belonging to a man."

But in an outdoor production of the play being staged by Shakespeare in the Ruff in Toronto, the line gets tweaked: "man" becomes "person."

It's one of the few changes being made to the script to reflect that in this version, both the star-crossed lovers are women.

Vivien Endicott-Douglas, right, and Kaitlyn Riordan star as Romeo and Juliet in a gender fluid version of the bard's classic romance. COURTESY EVA BARRIE/SHAKESPEARE IN THE RUFF

Juliet is still Juliet, but Romeo's character is portrayed as someone born a woman who identifies as male.

"What I have kind of a fatigue for is the sense of Romeo and Juliet being this perfect Disney prince and princess," said director Andrea Donaldson.

When it came to casting, Donaldson said she chose the perfect Romeo, regardless of gender.

"I just feel like the truth of this story is about inexplicable love. It's about love that is the most surprising and unavoidable."

It's not the first LGBT adaption of the play. A lesbian version entitled Romeo and (her) Juliet was performed at Toronto's Bloor Street United Church in 2014.

Kaitlyn Riordan, who plays Juliet, said the production has already got rave reviews from the audience members, who see themselves and their own relationships reflected in the classic for the first time.

"The beauty of Shakespeare is that there's room to explore his plays in this way, because we've seen it so many times in a traditional way that it almost begs to be reinvented," she said.

You can catch the play under the stars in Withrow Park every night except Mondays until Sept. 4. Admission is pay what you can.

STOLEN INFORMATION

Hospital snoopers handed stiff fines

An Ontario Court judge has slapped fines on two former investment dealers who bought stolen medical information to use as sales leads.

In a decision delivered at Old City Hall on Tuesday, Ontario Court Justice Malcolm McLeod ruled Polina "Poly" Edry and Subramaniam Sulur took part in "a massive criminal scheme that violated the privacy of thousands" of patients in the Rouge Valley Health System. The goal was to sell Registered Education Savings Plans (RESPs) to new mothers from the health system's maternity wards, McLeod said.

Edry, a former branch manager at Knowledge First Financial Inc., was fined $45,000, placed on probation for two years and ordered to serve 300 hours of community service for her role in the snooping plot. She will also be banned from practising in the financial services industry for at least two years, McLeod ruled.

Her co-accused, who was an assistant manager with CST Consultants Inc., was given the same sentence with a lower fine — $3,000 — and 150 hours community service due to his age and financial standing, the judge found.

Poly Edry covers her face as she leaves Old City Hall court Tuesday. TORSTAR NEWS SERVICE

Each pleaded guilty in June to one count of participating in an improper referral arrangement.

Five people have now been convicted of involvement in the snooping-for-profit scheme, which affected at least 14,000 maternity patients at Rouge Valley Health System hospitals. An internal investigation prompted two employees to admit they had snooped into patients' medical records.

TORSTAR NEWS SERVICE

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A capybara ballad for Bonnie, Clyde

CONSERVATION

Duo's daring escape from High Park Zoo cost nearly $15K

The lost capybaras back safe at the High Park Zoo on June 30.
KEITH BEATY/TORSTAR NEWS SERVICE

This is the true story of Bonnie and Clyde.

No, not the infamous outlaws who went on an armed-robbery spree during the Great Depression. This is about the two endearing but evasive capybaras who escaped from the High Park Zoo, prompting a media frenzy and month-long search-and-rescue mission.

Lost in the park's 400 acres of forest, ponds and trails, the mischievous rodents evaded capture for 36 days and cost the city at least $15,000 in services and overtime for about 30 employees, according to emails from the city's parks and recreation division obtained through access to information laws.

It all began the morning of May 24, when the capybaras were dropped off. But Bonnie and Clyde, as they were later nicknamed by city staff, had freedom in mind and went on the lam. As soon as news of their escape broke, phone calls poured in from people all over Toronto claiming to have spotted the little scoundrels.

"She was walking her cat and the capybara ran up the trunk of a tree on her boulevard. She also mentioned it had grey fur," said one such email.

"Looked like a giant rat but it wasn't a rat and it wasn't scared," another email read.

On May 28, parks staff got their first lucky break: police responded to a call from a homeowner near Grenadier Pond in High Park, who had seen what appeared to be a capybara in a backyard. Another lucky sighting, at Lower Duck Pond, helped establish a "working theory" that the capybaras hadn't gone very far — they were hanging out in High Park all along.

36

The number of days Bonnie and Clyde evaded capture — costing the city at least $15,000 in services and overtime.

But how to catch those rascally rodents?

By June 14 — about midway through the capybara search — the city had paid about $10,300 in overtime to 28 staff, according to an overtime table sent to general supervisor for the Etobicoke York District, Helen Sousa.

Donna Kovachis, parks manager for the Etobicoke York District, also hired an animal tracker to help catch the capys. But in the end, only one tracker was up for the job — and he wouldn't come cheap.

According to documents, the city spent $5,500 on professional services related to the capybara hunt. The tracker, who requested confidentiality, began work June 9 and ended work on June 24.

It wasn't until June 12 that the city caught its big break — with the help of employees from the Toronto Wildlife Centre, a registered charity. TWC workers had been on the scene laying traps for two days when one of the critters wandered into a cage near Lower Duck Pond around 7 p.m.

The hunt for the remaining capybara finally ended June 28, when city staff were able to trap it near Grenadier Pond. In the end, the tracker the city hired for $5,500 didn't catch a single capybara.

"If we were faced with this situation again, we would definitely be quicker to close the park to enable quicker capture," parks spokesperson Matthew Cutler said. TORSTAR NEWS SERVICE

ANIMAL WELFARE

Woman who gave pigs water on trial

Gilbert Ngabo
Metro | Toronto

Lawyers representing a Toronto woman arrested for giving water to thirsty pigs say the unusual trial could set a precedent for animal rights.

"No one has ever been charged by mischief for giving water to pigs," said Gary Grill, one of two lawyers representing animal rights activist Anita Krajnc.

The co-founder of Toronto Pig Save was charged with criminal mischief in June 2015 after she offered water to a group of sweltering pigs in a truck on route to the slaughterhouse. Her trial begins Wednesday in Burlington.

Grill said the hearing will highlight what he called the "extreme suffering" of livestock and the impact of animal agriculture on the environment.

The general public doesn't realize the amount of carbon emissions related to the meat production, he said.

The defence will also rely on experts in animal behaviour, environmentalists and veterinarians who will testify about the health of the pigs.

Anita Krajnc gives water to pigs on a truck in 2015.
THE CANADIAN PRESS/HO-ELLI GARLIN

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Ashley Madison violated law: Report

INVESTIGATION

Higher level of security needed if collecting personal info

Haley Ritchie
Metro | Ottawa

Privacy investigators in Canada and Australia have found that security guarantees on adultery dating website Ashley Madison were insufficient and the business violated privacy laws in both countries.

A joint investigation conducted by the Office of the Privacy Commissioner of Canada and the Office of the Australia Information Commissioner noted that some security measures did exist, but the company "did not have an adequate overarching information security framework."

In August last year those security issues made international headlines when the Canadian company's website was hacked into by a group called "The Impact Team."

Millions of international names, emails and personal information were released in a massive data dump.

The report released by investigators said that Ashley Madison knew that security was a "central part of the service" and reassured customers with security "awards" and statements on its front page.

This file photo illustration taken on August 20, 2013 shows the homepage of the Ashley Madison dating website displayed on a laptop in Hong Kong in 2013. AFP/GETTY IMAGES

The report found that the company had an obligation to provide a higher level of security if it was collecting personal information.

The privacy leak sparked fears in the capital, since Ashley Madison had previously claimed Ottawa had the most users across Canada. An analysis of the actual data revealed that claim was wrong.

Ottawa-specific emails did include 543 accounts registered with a "gc.ca" email. As well, 207 users signed up with University of Ottawa email addresses, while there are 106 from Carleton University and 77 from Algonquin College.

Ashley Madison's parent company, Ruby Corp. — formerly known as Avid Life Media — has said the cyber attack cost it about a quarter of its annual revenue.

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Kurdi family settling in

SYRIAN REFUGEES

New Canadians speak about their new life in the country

Tima Kurdi, back second left, sits for a photograph with her brother Mohammad Kurdi, second right, and his wife Ghouson Dakouri, back centre, and their children, Heveen, back left, 16, Ranim, front left, 10, Sherwan, 1, seated hiding his face, Rezan, 8, and Shergo, far right, 15, at her home in Coquitlam, B.C. DARRYL DYCK/THE CANADIAN PRESS

Shergo Kurdi lifts his shirt to reveal a pale, mottled patchwork of burn scars on his belly and chest — a legacy, he says, of years spent ironing fabric in a Turkish clothing factory after he and his family fled war-torn Syria in 2012.

Now, nine months after arriving in British Columbia with his parents and four siblings, the 15-year-old refugee is preparing to enter Grade 10 and wants to one day become a police officer.

"I like ... to help people," Shergo said, explaining that he likes the idea of giving back.

Shergo and his siblings are the cousins of Alan Kurdi, the Syrian toddler whose lifeless body was photographed on the shores of a Mediterranean beach last September. The picture spread across the globe and jarred the world into responding to the Syrian refugee crisis.

In the wake of the photograph, the Canadian government committed to taking in tens of thousands of displaced Syrians, a pledge that paved the way for the Kurdi family's arrival in late December.

Speaking in broken English at his aunt's home in Coquitlam, B.C., Shergo talked about how difficult his job was in Istanbul. Shifts sometimes lasted as long as 24 hours, he said, and frequently he didn't get paid.

The teen used a metaphor to explain how his life has been affected by the move to B.C.

"It's like a flower: (if) he doesn't have water he (will) die. Come to Canada, he has water and opens up again," he said. THE CANADIAN PRESS

Ethics watchdog examines Philpott

Ethics commissioner Mary Dawson is now examining whether Health Minister Jane Philpott violated the Conflict of Interest Act in her use of a high-end car service owned by a Liberal supporter.

Health Minister Jane Philpott

Dawson's probe, to be conducted in private, will focus on a section of the act pertaining to "preferential treatment."

It comes after Conservative health critic Colin Carrie wrote to the commissioner over the revelation that Philpott paid a limousine company $1,700 on one day for service and more than $1,900 on another day.

A public report will be issued once it is complete.

Philpott announced last Thursday she would repay the cost of these trips totalling just over $3,700, while admitting these were "excessive costs" related to her work travel. THE CANADIAN PRESS

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[1]The Scotiabank StartRight Program is created for Landed Immigrants from 0-3 years in Canada, International students and Foreign Workers.

Obama vows help for Louisiana flood victims

LOUISIANA

President visited battered areas and consoled locals

U.S. President Barack Obama speaks with residents in a flood-affected area of Baton Rouge, La., on Tuesday. AFP/GETTY IMAGES

Standing amid piles of water-logged debris, President Barack Obama on Tuesday promised a sustained national effort to rebuild flood-ravaged southern Louisiana "even after the TV cameras leave" on a visit aimed in part at stemming campaign-season criticism that he's been slow to respond to the disaster.

As he toured a battered neighbourhood and spoke to local officials, Obama tried to buck up beleaguered residents of the water-soaked region.

"This is not a one-off, this is not a photo-op issue. I need all Americans to stay focused on this," he said. "I know how resilient the people of Louisiana are and I know that you will rebuild again."

Eleven years after Hurricane Katrina ravaged New Orleans, Obama's visit was a reminder of the political dangers and opportunities natural disasters pose for politicians. The president has been criticized for waiting until after he returned from his New England vacation to tour the Gulf Coast flooding. The timing, amid a heated presidential campaign, drew barbs from some local officials and Republicans political opponents, including GOP presidential candidate Donald Trump.

Trump visited Baton Rouge on Friday, enjoying a warm reception and allowing him to cast the president as golfing while Louisianans suffered.

"Too little too late," Mona Gaspard said of Obama's visit. The resident of Ascension Parish said she saw her home filled with 4 feet of water and resented what she saw from Obama. "I saw him play golf, not helping out over here. Trump was over here, but he wasn't," she said.

Others welcomed Obama and the spotlight he brought.

"It means a lot to know you have that support from the highest level," said Chrisena Brown, as the president surveyed the piles of discarded mattresses, broken appliances and heaps of clothing that line the curbs of her street.

THE ASSOCIATED PRESS

MARINE LIFE

Swimming with dolphins may be banned in Hawaii

The National Marine Fisheries Service says spinner dolphins are being deprived of rest during the day. ISTOCK

Federal regulators are proposing to ban swimming with dolphins in Hawaii, a move that could imperil one of the Aloha State's most popular tourist delights and the industry that has sprung up around it.

The National Marine Fisheries Service says Hawaii's spinner dolphins — the nocturnal species that humans usually frolic with — are being deprived of rest during the day and becoming stressed out.

The agency was expected to announce the proposal Tuesday.

Swimming with dolphins is popular with visitors and some locals, with dozens of companies on Kauai, Oahu, Maui and the Big Island operating dolphin tours daily.

The proposed rule could shut down or greatly disrupt the industry as it now operates. That's because the ban would cover waters out to two nautical miles, which is where 98 per cent of Hawaii's spinner dolphins rest after they've spent the night feeding. Tour companies take customers to these nearshore waters to find dolphins.

Ann Garrett, assistant regional administrator of the National Marine Fisheries Service's protected resources division for the Pacific Islands, said dolphins have been found to be burning calories at a higher rate because they are forced to be vigilant as people approach their pods.

"All of these things can contribute to a reduction of fitness over time — this kind of chronic level of stress. That's what we're concerned about," Garrett said. THE ASSOCIATED PRESS

Trump's attacks stir gender bias talk

Donald Trump and his Republican allies say Hillary Clinton is weak, lacks stamina and doesn't look presidential.

Intent on undermining his Democratic rival, Trump and GOP backers are increasingly relying on rhetoric that academics and even some Republican strategists say has an undeniable edge focused on gender. His criticism of Clinton goes beyond "Crooked Hillary," and complaints about her use of a private email server as secretary of state and her foreign policy decisions.

Clinton, Trump said in a speech last week, "lacks the mental and physical stamina to take on (Daesh) and all the many adversaries we face."

He has repeatedly called attention to Clinton's voice, saying listening to her gives him a headache. Last December, he mocked her wardrobe. "She puts on her pantsuit in the morning," he told a Las Vegas audience.

"Now you tell me she looks presidential, folks," he said at a recent rally in New Hampshire.

"I look presidential," he insisted. THE ASSOCIATED PRESS

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APOTEX
ADVANCING GENERICS

Startups finding new ways to recycle waste

GREEN ECONOMY

Ventures made viable through recycling metal and resales

A growing number of businesses focus on a more sustainable economy — finding new uses for waste. TORSTAR NEWS SERVICE

When corporations renovate their offices, they pay hundreds of thousands of dollars to junk old furniture and equipment — 85 per cent of which ends up in the landfill.

That's a waste, according to Richard Beaumont, CEO of Toronto-based Green Standards. The company finds new homes for old office furniture and equipment at non-profit organizations that welcome used phones and chairs with open arms.

Unlike many environmental organizations, Green Standards has found a way to turn "reduce, reuse, recycle" into a workable business model. It focuses on a "triple bottom line," meaning performance is measured by profit, as well as the social and environmental benefits produced.

The company was originally a non-profit operating out of the U.K., which donated old office furniture to organizations in Africa.

But when it almost collapsed, Beaumont realized a new approach was needed. The for-profit model added resale, recycling valuable metals and a removal charge to make the premise scalable and cost-effective.

Green Standards is one of a small but growing number of Canadian businesses operating in the "circular economy," a system that aims for zero waste and no greenhouse gas emissions by using products to their potential.

TORSTAR NEWS SERVICE

COMPANIES

Biox of Hamilton, Ont., turns animal fat and vegetable oil waste into fuel.

Frogbox, a Dragon's Den venture, delivers reusable moving boxes and supplies to your doorstep and picks them up when you're done.

Enterra Feed takes organic waste from supermarkets and feeds it to black soldier fly larvae, which are then used to feed animals.

Waterfarmers Aquaponics harvests fish that help grow produce in a greenhouse. They raise tilapia and trout, the waste from which go into grow beds for plants like salad greens or bok choy.

MEDICAL MARIJUANA

Whoopi eyes Canada to sell pot products

Prime Minister Justin Trudeau's promise to legalize marijuana has grabbed the attention of many pot entrepreneurs — including Whoopi Goldberg, who's eyeing Canada as a potential market for her line of cannabis-infused menstrual pain products.

Whoopi Goldberg. THE ASSOCIATED PRESS

Goldberg's product line, which includes a THC tincture and cannabis-infused cacao, is available only to medical marijuana patients in California. The comedian said making the products available north of the border will require overcoming regulatory hurdles.

Goldberg founded Whoopi & Maya alongside Maya Elisabeth, a California-based creator of medical cannabis products and the founder of Om Edibles.

THE CANADIAN PRESS

IN BRIEF

Sobeys likely to withdraw appeal of discrimination

Sobeys grocery store chain says it intends to withdraw an appeal of a human rights decision that found a Sobeys employee at a store in Tantallon, N.S. discriminated against a black customer — but a group of 19 churches in Nova Scotia says the move doesn't go far enough. THE CANADIAN PRESS

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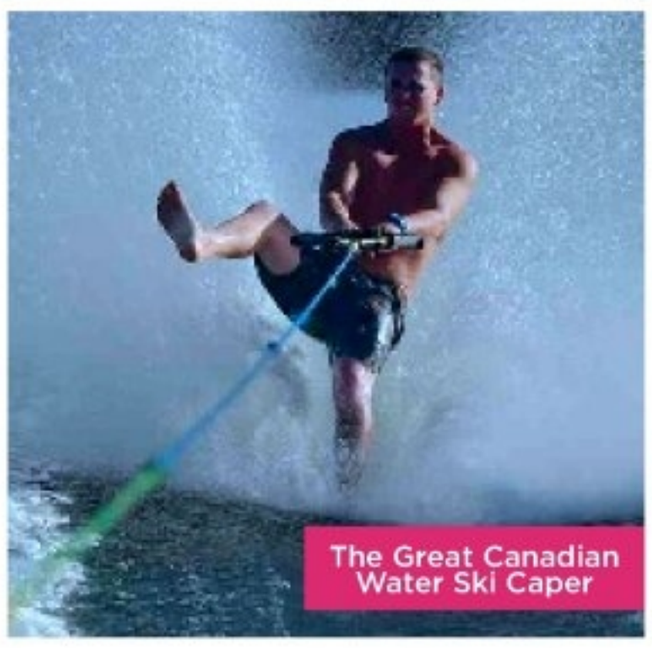

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metro VIEWS
Your essential daily news
Wednesday, August 24, 2016

PAUL WELLS ON WHAT THE CABINET TWEAKS SUGGEST

The most exhibitionist Canadian government in memory has released a new list of cabinet committees, and I can't shake the feeling that it means something.

In the bad old days of the Soviet Union, Western intelligence agencies used to grab at the tiniest details to figure out, in the absence of reliable information, who was up or down in Moscow. Seating orders on reviewing stands at May Day parades. The placement of articles in Pravda. Musical choices on state radio. Any scrap or tidbit.

One feels a bit ridiculous performing Kremlinology on the most exhibitionist Canadian federal government in memory. But Justin Trudeau released a new list of cabinet committees the other day, and I can't shake the feeling that it means something. So let's break out the calipers and magnifying glasses, and sift through the names for omens and portents of the Trudeau government's second year.

Cabinet committees meet frequently, some every week, to plan and organize the government's work. All government decisions filter up through the committee system. They matter. Trudeau and his advisors were flying nearly blind when they named the first committees. Most ministers had never been members of Parliament before. It was anyone's guess how they'd work together.

The new list leaves some committees almost unchanged, which suggests they're working fine. These include the powerful Treasury Board, which scrutinizes big spending decisions, and the Diversity and Inclusion committee. Apparently Trudeau does not worry he's being insufficiently diverse and inclusive. The "Inclusive Growth" committee gets a new name — "Growing the Middle Class" — and a diet, shrinking from 15 ministers to a dozen.

Among the ex-members of the committee on growing the middle class is Chrystia Freeland, which is odd: She wrote an entire book on growing the middle class. The Trudeau gang used to parade her as a guarantor of their economic credibility. Upon reflection, the PM seems to have decided the trade minister is more about foreign policy than the economy: she also departs from the Environment and Energy committee, but moves up to co-chair of Canada in the World and Public Security (one committee, long name). And she remains as chair of the Canada-U.S. Relations committee, which has much to worry about this autumn.

I love this bit: The committee on Agenda and Results, the all-powerful "deliverology" group chaired by the PM itself, grows by one word. It's now the committee on Agenda, Results and Communications. It is never too soon for a government to start worrying that it is not getting its message out. Even this one. Expect more methodical bragging about results, or rationalization of setbacks, as the case may be.

Prime Minister Justin Trudeau speaks to the media at the Liberal cabinet retreat in Sudbury, Ont., on Monday.
NATHAN DENETTE/THE CANADIAN PRESS

Biggest changes come last. First, there used to be a committee on Open and Transparent Government, and another on Parliamentary Affairs. They've merged. Now the Liberals' hopes for a happy-face democracy won't be considered in isolation from the grim realization that some stuff needs to get passed through a Parliament where optimism goes to die. Now the two sentiments will share a meeting room, and for hints about which sentiment has the upper hand, note that fisheries minister Dominic LeBlanc, a politico in the old style, is the committee's vice-chair, while his successor as government House leader, Bardish Chagger, is an ordinary member. Sad face.

Next: When Chagger replaced him as House leader last Friday, LeBlanc tweeted something opaque about looking forward to "additional responsibilities." Say hello to the new committee on Litigation Management, with LeBlanc as chairman.

This is the institutional admission of a timeless fact: all governments get sued a lot. This one does not expect to be spared, especially on issues related to reconciliation with First Nations. "Decisions on litigation matters often can't be left to lawyers," one senior Liberal told me. "Everything has important policy repercussions."

Finally, at Environment, a big move. Stéphane Dion, a former environment minister and Green Shifting Liberal Leader, is out as chair. Off the committee entirely. Replaced as chair by heritage minister Mélanie Joly, who was not previously known for her views on energy policy. It's all about who gets along well with others, and Dion, who had a hard time letting colleagues take any initiative on his pet file, has been sent packing.

Dion is not banished to Siberia, precisely. He shows up on the Defence Procurement committee, where his eye for detail may help avoid huge spending boondoggles. But his move suggests that in some ways, the real cabinet shuffle was hidden in these endless lists of names.

Cabinet committees meet frequently. All government decisions filter up through the committee system. They matter.

Paul Wells is a national politics columnist for the Toronto Star.

ROSEMARY WESTWOOD

Stanford's response to rape: Endorse the rapist's rationalization

Good God, Stanford.

Apparently, it's not bad enough that the school's last name these days is "rape." It had to go ahead and align itself with the rapists.

On Monday, the university moved to "reduce the availability and accessibility of hard alcohol." The school is banning all large containers over 750 ml of hard alcohol, and banning it altogether from on-campus parties. The policy grew from president John Hennessy's request in March for student input on curbing alcohol use.

To be sure, a conversation around campus drinking culture is warranted. This policy, however, is about considerably more than that. It began a full year after Brock Turner, a student, was indicted for rape, sexual assault and attempted rape. It began in the midst of a media storm around the case, during the very month of the trial, which saw Turner convicted of three charges of felony sexual assault.

And this new alcohol policy has come out amid a campus terrain irrevocably changed. The Stanford rape victim's now famous letter to the court has galvanized an entire world over the injustice of sexual assault and, most particularly, Turner's insulting, insidious, arrogant and vicious excuse that, in effect, partying made him do it.

Let's have the victim speak again from that statement: "Again, you were not wrong for drinking. Everyone around you was not sexually assaulting me. You were wrong for doing what nobody else was doing, which was pushing your erect dick in your pants against my naked, defenseless body concealed in a dark area."

Clearly, Stanford University disagrees. The booze policy, which can only be read as a measure to stem sexual violence, lets predators — and the university itself — off the hook by accepting the argument that alcohol is to blame.

In a tweet from Michele Dauber, a law professor at Stanford and the school's own worst critic: "Alcohol must be in bottle small enough so you can use it "secretly" so @Stanford isn't blamed when you rape someone."

At one point, the alcohol policy even made the alcohol-as-rape defence explicit, in a section that has since been removed from the website. Titled "Alcohol affects both sexual intent and aggression," the section noted that women who drink are "perceived to be more sexually available," that men who are drinking feel more aroused by "rape scenarios" and that women should thus "take action to protect friends."

I have been drunk. I have been obliterated. I have blacked out. And I have never, ever sexually assaulted another person or wanted to. If men feel differently, the problem isn't with booze.

The problem is with men.

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"We did believe that our job as a film festival is to present works of art that we feel are well made and tell important stories, and so we're going to present the film as planned."

TIFF artistic director Cameron Bailey on the controversy surrounding The Birth of a Nation star Nate Parker. In 1999, a rape allegation was made against Parker. He was acquitted.

Meet the chef without borders

INTERVIEW

Bashir Munye uses Somalia, Italy in his nomadic dishes

Karon Liu
Torstar News Service

Little Dumplings owner Bashir Munye is doing a private dinner series showcasing Moor cuisine (Muslims from North Africa, Iberia and Malta during the Middle Ages). TORSTAR NEWS SERVICE

To be hung up on the idea of authenticity or what ingredients or cooking techniques should be allowed in certain cuisines means missing out on chef Bashir Munye's feasts of buttermilk chicken livers with baharat, saffron-honey peach almond cake, and thick-cut chickpea fries with spicy harissa dip.

If there's one person who encapsulates Toronto's multicultural food scene, this is the guy.

"The food is authentic to me as Bashir who was born in Somalia, raised in Italy, married a woman from Barbados and lived in Toronto for 21 years," says the chef and owner of My Little Dumplings in Leslieville. "Food is a celebration of where I've been and where I want to be, not about creating boundaries just so I could be defined."

Munye's customers normally know him as the guy at the Evergreen Brick Works farmers market serving steamed baos and dumplings filled with global flavours including jerk chicken, sweet chili beef and falafel batter made from ground edamame. Earlier this year he opened a bricks-and-mortar location at Queen St. E. and Greenwood Ave. and now he's gearing up to do a dinner series on Fridays and Saturdays that celebrates what he calls "nomadic cooking" — food that explores Africa's vast culinary regions mixed with his family's Somali background, Italian upbringing and local ingredients.

"Food for me is always fluid as people travel and migrate throughout history," he says. "Somali food is a melting pot because of its geographical location. It's on the coastline so there's influences from India, European colonialism, and the original Bantus people.

"As a Somali person, our history and culture are nomadic by nature," he says. "Chefs are nomadic as well, going from kitchen to kitchen, learning and growing. I'm taking this philosophy of a long journey."

At a trial dinner for his yet-to-be-named dinner series, Munye billed the night as a "Moorish Supper." The Moors are Muslim people from the North African and Mediterranean region during the Middle Ages. About 20 of us are sitting without our shoes in a circle on the floor in Munye's little restaurant, which tonight is lined with woven carpets and pillows the chef borrowed from his aunts. His son is helping out in the kitchen along with Munye's fellow chef Damon Clements.

His cousins are playing hostesses for the evening, bringing plates of fermented carrots, mushroom conserva with artichokes and marinated beef tongue with fresh herbs.

Giant bowls of tomato-garlicky okra with preserved lemon and smoky sumac-spiced eggplant complement the show-stopping main of juicy roasted lamb saddle stuffed with aromatic basmati rice, pine nuts, pistachios and currents. These are the timeless, belly-warming and comforting flavours you'd expect from a grandmother who spent all day in the kitchen.

In addition wanting to make diners come back for more of his food, Munye's goal is to get aspiring black cooks to be proud of their culinary heritage, especially when much of today's western food culture is still heavily skewed toward a European palate (ie: how many non-white chefs do you see on TV and magazines?).

Eden Hagos, founder of the Toronto-based Black Foodie blog, which showcases African, Caribbean and southern American cuisine, hopes Munye's cooking will change people's perceptions of African cooking, that within each country there are regional variations and that there's a world beyond the Ethiopian restaurants in downtown Toronto.

"Food for me is always fluid as people travel and migrate throughout history"

Chef Bashir Munye

"I think when a lot of people think of African food, they think of Ethiopian food. As an Ethiopian person, I love that (these restaurants are) serving different audiences but there's amazing West African food, and people from other parts of East Africa like Bashir playing with flavours and changing peoples' perceptions," she says.

Despite a long culinary history and a wealth of talent in the city, Hagos says African and Caribbean cooking have largely been pigeonholed as takeout and mostly written from a Eurocentric perspective in mainstream food culture. Nonetheless he is happy to see that more of its chefs, restaurants, and food events are now in the long overdue spotlight.

"He doesn't fit into one box and I'm glad he has that attitude," says Hagos.

"I think he represents a lot of the diaspora here. My dad also lived in Italy and we make lasagna with berbere and baharat in it. We grew up with that and we're not a monolith culture."

Munye's dumpling shop will remain open during regular business during the week, while his dinners will take place on Friday and Saturday evenings at the restaurant. Each night a single seating, where everyone sits on the floor and enjoys communal dining at $80 per person. The first dinner Sept. 1 is already sold out, but Munye says the dinners will be happening regularly beginning Sept. 9.

"I'm comfortable in my own skin. I don't have to think about boundaries or ask permission about what people want," says Munye.

"I cook what I love to cook and what my friends and family ate. This is an extension of who I am."

Gosling, Hathaway headed to TIFF

FEST NEWS

Mark Wahlberg part of the In Conversation With lineup

Anne Hathaway and Ryan Gosling GETTY IMAGES

Ryan Gosling, Jennifer Garner, Anne Hathaway and Joseph Gordon-Levitt are among the stars bound for the Toronto International Film Festival.

The festival made its final programming announcements on Tuesday, including its list of stars expected to walk the red carpet.

Other talent expected to attend includes Xavier Dolan, Tom Ford, James Franco, Ewan McGregor, Adam Driver, Aaron Eckhart, Dakota Fanning, Woody Harrelson, Denzel Washington and Scarlett Johansson.

The festival also announced Mark Wahlberg will sit down for an intimate chat in front of an audience.

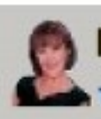
The Oscar-nominated actor-director, who will be seen at the festival in Deepwater Horizon, is among the stars in the In Conversation With… lineup.

Other guests in that lineup include: Palestinian actor-director Hiam Abbass; Brazilian actor Sonia Braga; French actor Isabelle Huppert; Indian director Karan Johar; Chinese actor Zhang Ziyi; and Nigerian film stars Kunle Afolayan and Genevieve Nnaji.

TIFF announced it Discovery lineup includes the world premiere of Oscar-nominated filmmaker Nanette Burstein's doc Gringo: The Dangerous Life of John McAfee. It profiles the software mogul who was recently a prospective presidential candidate for the American Libertarian Party.

The fest also unveiled its virtual reality selections for POP VR. They are Ch'aak' S'aagi, Jafri, KA, Right to Pray and Invasion!

THE CANADIAN PRESS



ROSE REISMAN THE SAVVY EATER

THIS WEEK: Veggies vs. veggie chips

Eat the real deal when it comes to your veggies!

PICK THIS

Fresh Sugar Snap Peas (50g – approx. 40 sugar snap pods)

Calories 56
Fat 0.3 g
Sodium 5mg

SKIP THIS

Snapea Crisps in Wasabi Ranch (50g – approx. 40 pea pods)

Calories 240
Fat 8g
Sodium 120mg

HERE'S WHY

Equivalent to a Sour Cream & Onion Pringles Snack Stack in sodium

It seems like we're always looking for healthier packaged snack options that are an alternative to chips. While these baked Snapea Crisps are healthier than potato chips, the second ingredient includes three varieties of oil and salt to boot. No need! Vegetables are "nature's candy" and we should eat them as is, either raw or cooked simply.

LIQUID ASSETS

A fruit-first French wine

Peter Rockwell
For Metro Canada

Well before Donald Trump started preaching a love of masonry, French winemakers were building their own wall: one that has successfully blocked average wine drinkers from accessing their wines.

Stodgy labels, complicated regulations and perceived high prices (relative to the wines from just about anywhere else) have all acted as mortar for the barricade.

Though wine from France's prestigious Bordeaux and Burgundy regions have suffered the most from consumer disinterest, winemakers in the southern regions of the country are starting to make inroads with their fruit-forward juice and rules that allow them to put grape names on their front panels.

Corbières, a red heavy sub-region of the massive Languedoc-Roussillon, requires its wines be made with at least two grapes. Gérard Bertrand's 2013 Terroir Corbières ($16.95-$19.99) uses three: Grenache, Syrah and Mourvèdre.

Rich, ripe and layered with plump black fruit, it will help break down the barrier between you and all that French wines have to offer.

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This 1937 Talbot-Lago won the Peninsula Classics Best of the Best Award

Cruze is safe, but you won't be sorry

HANDOUT

REVIEW

This compact is not exciting, but it is cheap and dependable

Craig Cole
AutoGuide.com

Sallying forth into the heart of the compact-car segment is the all-new 2016 Chevrolet Cruze.

This unexpectedly reserved offering is set to battle popular options like the Honda Civic, Toyota Corolla and Ford Focus, bringing a multitude of wholesome attributes to the fray.

It seems like GM's product planners have aggressively played to the segment's base by designing a car with loads of interior space, a roomy trunk, refined interior and seriously little excitement. The Cruze plays it safe in a segment that's often dominated by stuffy traditionalism.

But just because it isn't the most exciting compact model on the market doesn't mean it totally lacks any upsides. This Chevy offers a gigantic trunk measuring up to 0.42 cubic metres. The frosting on this cake of convenience is that said volume is easily accessed through a large opening with a low lift-over height.

The Cruze's aft accommodations are unexpectedly spacious in all three dimensions, though a touch more headroom would be appreciated. Another boast-worthy feature, its rear backrests fold nearly flat for even more storage space.

The 2016 Cruze is larger yet simultaneously lighter than its predecessor; it's also more efficient to boot. Enabling all of this, the car has gone on a massive diet, losing up to 115 kilograms with this redesign, which is, frankly, astounding for a compact car because there just isn't that much there to begin with.

Tucked beneath its short hood is a muscular little motor that pulls like a much larger engine.

Two gearboxes are offered in the new Cruze, each with six gears. Our tester was graced with the automatic, but a manual is also on the menu. This self-shifter keeps the EcoTec four-banger in the meaty portion of its powerband and helps deliver impressive fuel economy.

Inside, this car's cockpit is a mostly pleasant place. It's constructed almost exclusively of hard plastic, which is not an issue in this case because it's handsomely textured. Think of it as ground round that tastes like sirloin steak. Fabric trim on the dashboard also adds a touch of class.

Our test car was equipped with Chevy's optional MyLink infotainment system, which comes with a screen mounted front and center on the dashboard. Bluetooth is included for hands-free calling, as is a nine-speaker Bose sound system.

The highlight of its entire driving experience is the engine. It's torquey, pulling with unexpected authority until about 5,000 rpm, where its enthusiasm tapers off until the transmission grabs the next gear. This 1.4-litre turbo is also very well isolated, with commendable smoothness and little harshness, though the transmission could be smoother.

THE CHECKLIST | 2016 CHEVROLET CRUZE

THE BASICS

Engine: 1.4-litre turbo-charged four-cylinder
Power: 153 hp, 24.7 kg/M of torque
Transmission: Six-speed automatic
Fuel Economy (L/100 km): 7.8 city, 5.6 highway, 6.8 combined
Price: Starts at $15,995, tops out at $23,895

LOVE IT

- Spacious back seat and trunk
- Impressive fuel efficiency
- Refined, torquey engine
- Intuitive infotainment

LEAVE IT

- Whiffs of pinched pennies
- Feather-light steering
- Odd styling

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2016 The Honda Model CLEAROUT

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Learning to drive in four modes

WHEELS ROUNDUP
News driving the auto industry brought to you by AutoGuide.com

ELECTRIC CARS

BMW i3 gets 183 kilometre range

The 2017 BMW i3 will officially go 183 kilometres on a single full charge. When BMW announced the upgraded BMW i3 earlier this year with a 94 Ah battery, the automaker estimated that it would offer 40 per cent more range than the 2016 model. That estimate seems to be accurate now that the Environmental Protection Agency (EPA) has made it official. The EPA hasn't rated the BMW i3 with the on-board range extender yet. The new battery has a higher capacity, but is the same dimensions as the regular battery thanks to higher energy density. JASON SIU/AUTOGUIDE.COM

FORD FOCUS RS

Free driving school

Ford is offering a complimentary RS Adrenaline Academy Driving Experience to Focus RS owners. The program is being offered to initial owners of 2016 and 2017 Ford Focus RS models, so that owners get a chance to learn first-hand the capabilities of their hot hatch. The program takes place at Utah Motorsports Campus in Grantsville, Utah, and the schedule will be announced later this year. According to Ford, the RS Adrenaline Academy Driving Experience provides owners with a full immersion into the performance and handling characteristics of the Focus RS. The extensive course teaches skills like braking, shifting and cornering techniques, while focusing on the particular dynamics of the Focus RS, like the car's four driving modes.
JASON SIU/AUTOGUIDE.COM

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*Selling price is $42,675 on a new 2016 TLX SH-AWD® V6 (UB1F3GJ)/$55,435 on a new 2016 MDX (YD4H2GJNX). Selling price includes $2,045 freight and PDI, EHF tires ($29), EHF filters ($1), air conditioning fee ($100) and OMVIC fee ($10). License, insurance, registration and taxes are extra. †Limited time lease offer based on a new 2016 Acura TLX SH-AWD® V6 (UB3F3GJ)/ 2016 Acura MDX (YD4H2GJNX) available through Acura Financial Services on approved credit. Representative lease example: Representative lease example: 1.9% lease rate for 48 months (48 payments). Monthly payment is $528 with $7,500 down payment. Total lease obligation is $32,844.16,000 km allowance/year; charge of $0.15/km for excess kilometres. Offer includes EHF tires ($29), EHF filters ($1), air conditioning fee ($100), OMVIC fee ($10), PPSA ($37) and credit ($2,500/$1,000). License, insurance, registration, options, duties and taxes are extra. PPSA lien registration fee and lien registering agent's fee are due at time of delivery. $2,500/$1,000 credit includes applicable sales taxes. ‡$4,500/$5,000 Customer Cash Rebate (CCR) is available on new 2016 Acura TLX SH-AWD® Tech V6 (UB3F5GKX), and TLX SH-AWD® Elite V6 (UB3F7GKX)/ 2016 MDX New (YD4H4GKNX), Tech (YD4H6GKXX) and Elite (YD4H8GKX) models when registered and delivered before August 31, 2016. Total incentives consist of: (i) $2,000/$4000 that cannot be combined with lease/finance offers; and (ii) $2,500/$1,000 that can be combined with lease/finance offers. All incentives will be deducted from the negotiated selling price after taxes. Some terms/conditions apply. Models shown for illustration purposes only. Offers end August 31, 2016 and are subject to change or cancellation without notice. Dealer may sell/lease for less. Dealer order/trade may be necessary. While quantities last. Certain features only available on certain trims. Visit acuragta.ca or your Acura dealer for details. © 2016 Acura, a division of Honda Canada Inc.

SELF-DRIVING CARS

Ford aims for no steering wheels, pedals

Ford American automaker has announced its intent to have a high-volume, fully autonomous vehicle in commercial operation as part of a ride-hailing or ridesharing service by 2021. The company expects that its first fully autonomous vehicle will not have a steering wheel or gas and brake pedals. This year, Ford plans to triple its autonomous vehicle test fleet so that it has the largest fleet of any automaker, bringing the total number to about 30 self-driving Ford Fusion Hybrid sedans in California, Arizona and Michigan.

JASON SIU/AUTOGUIDE.COM

IN BRIEF

Lotus Evora 400 gets even lighter

The Lotus Evora 400 has new options that can reduce its weight to 1,353 kilograms. Continuing with its mantra that "light is right," Lotus has introduced a new carbon package, lithium-ion battery and titanium exhaust options for the Evora 400. Available in all markets where the car is sold, the new options aims to cut a total of 15 kg from the already lightweight sports car. Those looking to shave even more weight can opt for the 2+0 seating configuration and no A/C.

"The Lotus Evora 400 is already the lightest car in its segment, with super car performance, benchmark handling and the purity of the driving experience expected of a Lotus," said Lotus CEO Jean-Marc Gales.

JASON SIU/AUTOGUIDE.COM

MERCEDES-AMG GT R

A standout at Pebble Beach

The Mercedes-AMG GT R was a star attraction at the Benz display at Pebble Beach this year as the most performance-oriented car in the brand's lineup right now. Mercedes-AMG claims that it has never put this much motorsports technology in any production car ever. Developed at the infamously gruelling Nurburgring, it was bred for blazing lap times. JODI LAI/AUTOGUIDE.COM

†Based on overall offers available on most 2016 models, including cash incentives and lease and finance offers, and excluding short-term promotions. Some models excluded. *Finance payments must be made on a bi-weekly basis and cannot be made weekly. Weekly equivalent payments shown for information only. Limited time finance purchase offer available through Volkswagen Finance, on approved credit, based on a new and unregistered 2016 Jetta 1.4T Trendline (#163VF1) base model with 5-speed manual transmission. Base MSRP of $17,620, including $1,625 freight and PDI, financed at 0% APR for 84 months equals 182 bi-weekly payments starting from $92 (after application of $1,000 finance bonus cash). $0 down payment or equivalent trade-in due at signing. Cost of borrowing is $0 for total obligation of $16,620. PPSA fee, license, insurance, registration, any dealer or other charges, options and applicable taxes are extra. ††Bi-weekly finance from the equivalent of $58 per week, based on a new and unregistered 2016 Jetta 1.4T Trendline+ model with 6-speed automatic transmission. Base MSRP of $22,020, including $1,625 freight and PDI, financed at 0% APR for 84 months equals 182 bi-weekly payments starting from $115 (after application of $1,000 finance bonus cash). $0 down payment or equivalent trade-in due at signing. Cost of borrowing is $0 for total obligation of $21,020. PPSA fee, license, insurance, registration, any dealer or other charges, options and applicable taxes are extra. **Up to $6,000/$2,000 bonus cash available to be applied as a discount on MSRP on cash purchase only of select new and unregistered 2016 CC models / select Jetta models (excluding the 1.4T Trendline 5-speed manual transmission (#163VF1)). Discount varies by model. Dealer may sell or lease for less. Dealer order/trade may be necessary. Offers end August 31, 2016 and are subject to change or cancellation without notice. Model shown: 2016 Jetta 1.8T Highline automatic transmission, $27,995. Vehicle shown for illustration purposes only and may include optional equipment. Visit vwoffers.ca or your Volkswagen dealer for details. "Volkswagen", the Volkswagen logo, "Volksfest", "Jetta", "CC", "TSI", "Highline" and "Trendline" are registered trademarks of Volkswagen AG. © 2016 Volkswagen Canada.

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† 0% APR Purchase Financing is available on select new 2016 Mazda models. Excluded on 2016 CX-3, MX-5 and CX-9 models. Terms vary by model.
▼ $500 Signing Bonus is available on retail purchase, finance or lease of all new, in-stock 2016 Mazda models from August 3 – 31, 2016. Signing Bonus will be deducted from the negotiated price before taxes. This offer is partially funded by your selling dealer. See dealer for complete details.
▲ The Mazda Summer Escape Event is subject to the full terms and conditions available at: www.mazdasummerescape.ca. Qualified purchasers/lessees who are residents of Canada and who purchase/lease a new (and previously unregistered) non-fleet 2016/2016.5/2017 Mazda vehicle from a participating Mazda dealer in Canada between Jul 1/16 and Aug 31/16 will be eligible to receive a Voucher for a two- (2-) consecutive-night stay at a select Canadian hotel. Voucher must be accepted as awarded and does not have any cash surrender value. Redemption of Voucher must occur no later than Aug 31/17 (11:59 pm EDT) – after which time the Voucher will automatically expire and can no longer be used. All expenses and costs not covered by the Voucher are the eligible customer's sole and absolute responsibility.
Conditions and restrictions apply.
‡ Offer available on retail leases of new 2016.5 CX-5 GX (NVXK66AA50) with a lease APR of 0.99% and 130 bi-weekly payments of $129 for 60 months, the total lease obligation is $16,758, including down payment (or equivalent trade-in) of 0. As shown. Offered Pricing for new 2016.5 CX-5 GT (NXTL89AA50) with a lease APR of 0.99%/ and 130 bi-weekly payments of 189 for 60 months, the total lease obligation is $24,416, including down payment (or equivalent trade-in) of $0. Lease payments include freight and P.D.E. of $1,895, $10 OMVIC fee (all models), $23.75 Tire Stewardship fee (all models), and $100 Air Conditioning charge (where applicable). PPSA of $30.95 and first monthly payment are due at lease inception. 20,000 km per year mileage allowance applies; if exceeded, additional 8¢ per km applies. Offers exclude HST. Offered leasing available to retail customers only.
Licence, insurance, taxes and down payment (where applicable) are extra and may be required at the time of purchase. Dealer may sell/lease for less. Dealer order/trade may be necessary on certain vehicles. Offers valid August 12 - 31, 2016, while supplies last. Lease and finance on approved credit for qualified customers only. Offers subject to change without notice. Visit mazda.ca or see your dealer for complete details.

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While some people will ignore small cracks, it is always a good idea to get a professional to look at them, as cracks affect the safety of your vehicle . ISTOCK

Should you replace or fix a windshield?

REPAIRS

Size and type of damage will determine remedy

Sami Haj-Assaad
AutoGuide.com

We've all been driving along, minding our own business when a rock the size of a melon comes flying like a targeted asteroid and smacks right into your windshield, leaving a chip or crack in your car's visor and ruining your day.

In reality, that rock probably wasn't all that big, but driving at speed certainly makes the scene more dramatic. What's not to be taken lightly is that mark on your windshield. Cracks and chips in your window may not seem like a big deal, but they impact your visibility and are a safety hazard.

If you're left with a serious imperfection on your windshield, it may be tempting to just ignore it or look around it to save time and money, but leaving the crack or chip and driving around with it is not an option.

"Cracks and chips often grow longer or wider if not repaired or replaced," explains Debra Levy, president of the Auto Glass Safety Council (AGSC). Not only that, but it's also unsafe.

"The (cracked) glass may be compromised and the windshield is part of the safety system of the vehicle," she explains.

There are two main solutions to dealing with a broken windshield. You can either fill a crack if it's small enough, or you can replace the whole windshield. The latter is the more expensive option, while the former is for smaller imperfections. It's like dealing with serious body damage or chipped paint, but your windshield is much more important in terms of your safety than your car's paint.

"Whether or not a break can be repaired, rather than replacing the glass, depends on a number of factors including type of break, location of break and amount of time the glass has been broken," Levy says. But what's important is that it gets fixed soon, as Levy explained that cracks and chips can grow longer or wider if not repaired or replaced.

The decision to repair a crack or chip can be easy to make depending on the size of it.

"The Repair of Laminated Auto Glass Standard allows repair of cracks 14 inches (36 centimetres) or less," she explains, so cracks that are larger than that will need a complete replacement of glass. Obviously, the ability to repair such big cracks or chips is dependent on the skills of the auto glass technician you're using. Most small chips are commonly dealt with, but again, it depends on what your tech says is possible.

"Certain insurers also limit the length of damage they will pay for."

That should help the decision.

Some quick research shows that certain types of cracks and chips just can't be repaired. For example, if the damage extends from the exterior pane of glass and penetrates the interior, it's too deep to be repaired. Chips on corners or tight spots are often too difficult to repair too, so count those out. If a chip or crack has spread after the initial damage, that's a clear sign the glass needs to be replaced.

A crack or chip repair takes about 30 to 40 minutes and is performed by injecting a clear resin into it. When it hardens, the resin helps restore the integrity and smooth look of the glass. The resin is then polished and cured by UV light. If done properly, the chip or crack won't be able to spread any further.

Replacing a glass is a bit more of an involved process. After prepping the body of the car to prevent any damage, technicians will remove the windshield from the car. The seals and adhesives are also removed, and a primer is used on the bare frame, so a new glue and sealant can applied for the replacement glass. The new windshield is then fitted and bonded to the car. After the glass is fitted, most auto shops encourage a 60-minute wait time so that the windshield is properly attached to the car.

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Offers available from August 3-31, 2016. *Payments cannot be made on a weekly basis, for advertising purposes only. †Representative finance offer based on a new 2016 Sentra 1.8 S M6 (C4LG56 AA00)/Altima 2.5 (T4LG16 AA00)/Versa Note 1.6 S M5 (B5RG56 AA00). Selling price is $16,529/$25,879/$16,229 financed at 0%/0%/0% APR equals 84/84/84 monthly payments of $197/$308/$193 monthly for an 84/84/84 month term. $0/$0/$0 down payment required. Cost of borrowing is $0/$0/$0 for a total obligation of $16,529/$25,879/$16,229. $1,000/$0/$0 Finance Cash included in advertised offers. ‡Representative monthly lease offer based on a new 2016 Rogue S FWD (Y6RG16 AA00). 0.99% lease APR for a 60 month term equals monthly payments of $254 with $0 down payment, and $0 security deposit. First monthly payment, down payment and $0 security deposit are due at lease inception. Payments include freight and fees. Lease based on a maximum of 20,000 km/year with excess charged at $0.10/km. Total lease obligation is $15,267. $2,000 Lease Cash included in advertised offer on Rogue S FWD (Y6RG16 AA00). **Bonus Cash discount of $2,000 will be deducted from the negotiated selling price before taxes and is applicable to customers who lease, finance or purchase any 2016 Rogue. Certain conditions apply. ^Models shown $37,474/$24,329/$29,679/$21,479 Selling price for a new 2016 Rogue SL AWD Premium (Y6DG16 BK00)/2016 Sentra 1.8 SL CVT (C4SG16 AA00)/2016 Altima 2.5 SR (T4NG16 AA00)/ 2016 Versa Note 1.6 SL CVT (B5TG16 AE00). *-^Freight and PDE charges ($1,795/$1,600/$1,750/$1,600) air-conditioning levy ($100) where applicable, applicable fees (all which may vary by region), manufacturer's rebate and dealer participation where applicable are included. License, registration, insurance and applicable taxes are extra. Offers are available on approved credit through Nissan Canada Finance for a limited time, may change without notice and cannot be combined with any other offers except stackable trading dollars. Vehicles and accessories are for illustration purposes only. See your dealer or visit Nissan.ca/Loyalty. See your participating Nissan retailer for complete details. ©2016 Nissan Canada Inc. and Nissan Canada Financial Services Inc. a division of Nissan Canada Inc.

Maintenance behind million-mile man

TOYOTA TUNDRA

Oil changes, dealership visits pay off

Craig Cole
AutoGuide.com

To help celebrate his achievement, Toyota gave Victor Sheppard a brand-new 2016 Tundra in exchange for his million-miler. TOYOTA

A couple months ago, one proud Toyota owner pushed his 2007 Tundra pickup past the million-mile mark, a distance many motorists would be hard pressed to clock in a lifetime of driving.

But Victor Sheppard is no ordinary guy. He hauls parts for the oil industry, keeping its heavy-duty equipment humming and hydrocarbons flowing. Over the past nine years, he's routinely made cross-country treks from his home in Louisiana to deliver desperately needed components all across America. In fact, he averaged around 125,000 miles each year in the saddle of his Toyota.

Getting any vehicle to roll this many miles is quite a feat, but an up-close look at his Tundra reveals that it has held up amazingly well since it rolled off the line at Toyota's San Antonio, Texas, factory nearly a decade ago. Where it's not dented or scratched from years of hard service, the paint is still shiny, body rust is minimal and even the driver's seat, a touchpoint that receives a ton of abuse, barely shows any wear or soil despite never benefitting from the protection of a cover. Aside from the steering wheel, which is worn around the rim, and a few scuffs on the interior door panels, everything looks practically new.

On top of all this, the truck in question still has its original engine and transmission. A quick twist of the key is all it takes to fire up its 4.7-litre V8, which idles more smoothly and quietly than some brand new vehicles. Switched on, the odometer reads 999,999; apparently, they stop after six digits, but this is hardly an issue since the vast majority of customers never clock so many miles.

Obviously, it takes a fair bit of upkeep to make a vehicle go this distance, and Sheppard was religious in keeping on top of required maintenance, bringing his truck in for 117 oil changes over the course of that million miles.

Another important aspect of this feat is where that work was performed. According to Mike Sweers, chief engineer of the Toyota Tundra and Tacoma pickups, "The dealership's done all the service." Taking your vehicle to a place that knows it best may cost a little more than going to the corner lube shop, but as shown here, it can be a sound long-term investment.

To help celebrate his achievement, Toyota gave Sheppard a brand-new 2016 Tundra in exchange for his million-miler, which will be carefully dissected to see how it's really held up over the years. As an engineer, Sweers is chomping at the bit to tear into this truck and is particularly interested in the body. Aside from digging into the powertrain, he said he can't wait to check the spot welds and other joints for signs of fatigue or cracking.

What's the secret to Toyota's success? Why has this Tundra gone for so long without stopping? The answer may surprise you. Sweers said, "Are they overbuilt compared to our competitors? Yeah," adding that maybe they've over-engineered this truck a bit too much, but this ensures customers don't have issues.

Two examples of this are the brakes and rear-end. The Tundra's binders are beefy and designed to withstand years of abuse.

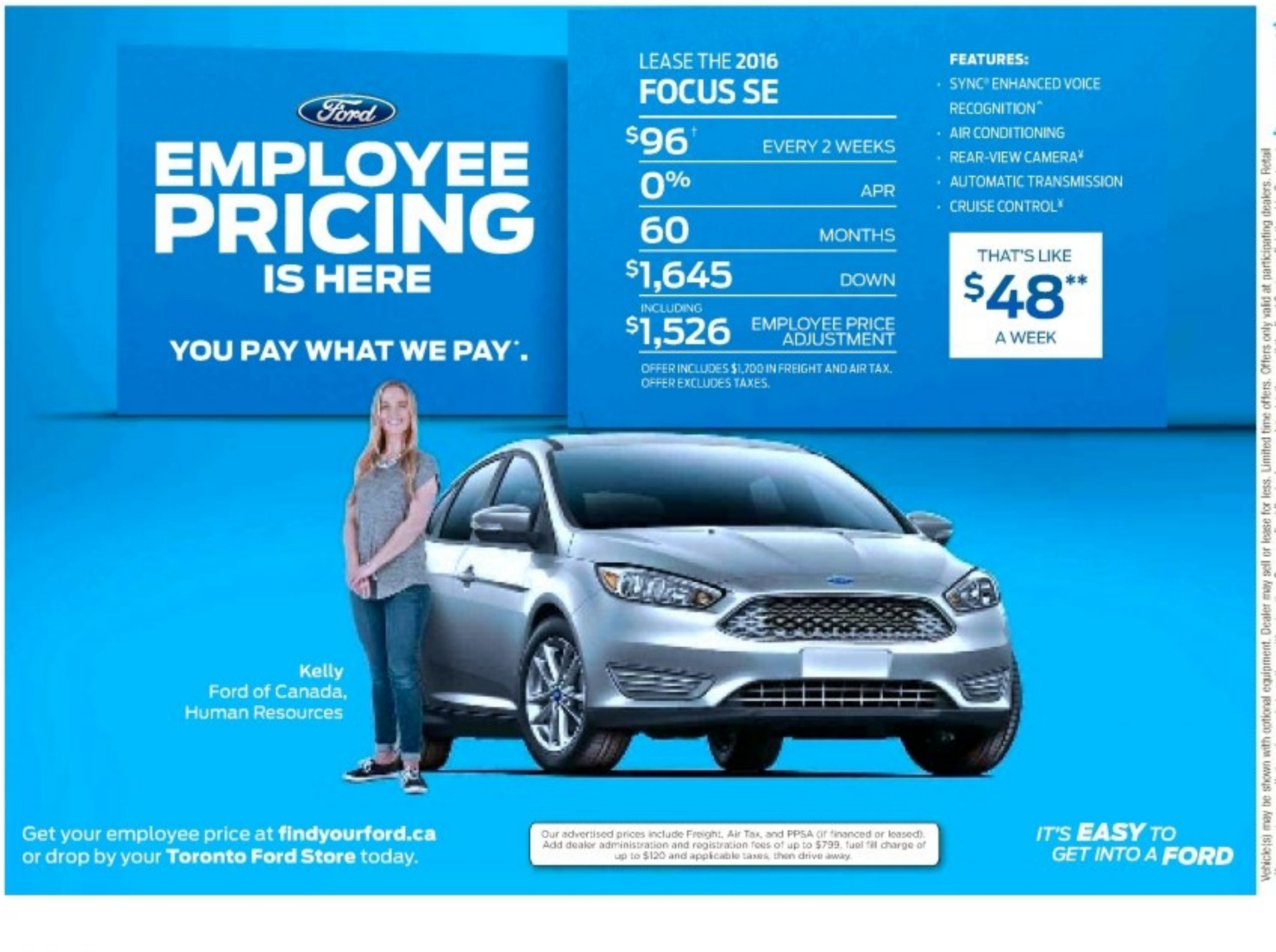
This focus on quality is not just something owners experience when using their trucks, it's also something that will make them smile when they want to get a new one. According to Sweers, the million-mile Tundra is still valued at around $8,000 U.S.

TLC

Any vehicle will have a few issues along the road and Sheppard's Tundra is no exception.

Transmission
The transmission needed a little work, losing reverse around the 700,000-mile mark.

Engine
Also, the engine's timing chains have been replaced along with its water pump.



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6 'STAR CARS' AS CHOSEN BY JEREMY CLARKSON

Fans of Top Gear are well aware that Jeremy Clarkson provides insight into cars and is more than just an entertainment personality. He recently published a list of his "Star Cars" and some of his choices may surprise you. He says driving these cars give him the "fizz," which is a rare feeling of an intimate connection between car and driver that makes a vehicle exciting to drive. **JASON SIU/AUTOGUIDE.COM**

1 Alfa Romeo 4C Coupe

If you watched the episode of Top Gear where Richard Hammond, piloting an Alfa Romeo 4C, races Clarkson who takes a more... unconventional approach, you will already know how much Clarkson adores the Alfa Romeo 4C. He does acknowledge that there are a few issues with the car, namely that there is almost no rear visibility and that it's noisy, but he still adores it. That's because the Alfa Romeo 4C isn't like all those other high-tech cars out there that feel like machines, the 4C, even with all its flaws, feels human, according to Clarkson.

2 BMW M2

There have been plenty of times when Clarkson turns to BMW's M division when it comes to challenges on Top Gear and something tells us, if the need arises on The Grand Tour, the M2 will be in his bag of tricks. "It's not just fast in a straight line," he says. "It's also fast through the corners. And not just fast, but a complete delight. It's so good that in a few bends, I was actually dribbling with joy."

3 Ford Mustang GT

You might think this is one of the most surprising cars on the list. The Ford Mustang is available in the U.K. for the first time ever, and Clarkson has very little reason not to love it. He does admit that it's too heavy to be considered a sports car in his mind, but it is a muscle car to the truest form and "is a machine that wants to turn its tires into smoke and go round every corner sideways."

6 Vauxhall Zafira Tourer Tech Line

Clarkson's review of the Vauxhall Zafira Tourer is a story in itself, in which he claims the car he reviewed was borrowed from Bono. "There's no flowery way of putting this, so I'll just come straight out with it," he says in the review. "Bono drives a Vauxhall Zafira diesel." And apparently for good reason, as it managed to land on Clarkson's list of Star Cars. He even says it's the most comfortable car in the world.

5 Lamborghini Aventador

The Lamborghini Aventador didn't make the list because it's brilliant to drive ... because well, it's not in Clarkson's eyes. "The Aventador is not the best supercar to drive. It feels big and heavy. And if you go for a hot lap of a racetrack, you'd better not think about doing another, because the brakes will fade and then fail." But for all its faults, Clarkson loves the Aventador because it's a true sports car unlike the new generation of hybrid supercars.

4 Volvo XC90 D5 AWD

This is probably the most surprising car on the list, considering Clarkson loves power. Oh, and it's not a Land Rover! Despite finding the Volvo XC90 really big, Clarkson praises the SUV's interior, technology and ride comfort. It also seems like he's accepting the fact that self-driving cars are on their way: "If you let the driving aids do their thing, it becomes quite relaxing, because the 2.0-litre engine is far quieter than in the old model."

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General Motors of Canada Company may modify, extend or terminate offers in whole or in part at any time without notice. Conditions and limitations apply. See dealer for details. ®Registered trademark of The Bank of Nova Scotia. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. Offers may not be redeemed for cash and may not be combined with certain other consumer incentives. **4** $5,500 is a combined credit consisting of $1,000 GM Card Application Bonus (tax inclusive) and $3,000 manufacturer to consumer credit (tax exclusive) and $1,500 manufacturer to dealer lease credit (tax inclusive) and is available for lease offers only and cannot be combined with special finance rates and cash purchase. ▼Based on a 24 month lease for 2016 GMC Sierra 1500 Double Cab 4x4 1SA+GBD+H2R+B30. Annual kilometre limit of 20,000 km, $0.16 per excess kilometre. OAC by GM Financial. Monthly/Bi-weekly payments may vary depending on down payment/trade. 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metro SPORTS

"I was just asking a girl on a date": Raiders tight end Colton Underwood who asked out — and got a yes from — Aly Raisman through online video

A hero's welcome

OLYMPICS

Adoring fans greet athletes returning from Brazil

Two planeloads of Canadian Olympians returned home from Rio to a hero's welcome, as flag-waving fans clamoured for autographs and cheering family members offered up homecoming hugs.

Several members of Team Canada, including star swimmer Penny Oleksiak, landed at Toronto's Pearson International Airport around 6 a.m., with another group of athletes scheduled to arrive at around the same time Wednesday.

When the flights arrived, airport firefighters saluted the returning athletes with giant arcs of water on either side of the airplanes.

Loud cheers went up as the Olympians came through the arrivals gate, some stopping to talk to media, others heading straight to waiting family members.

Soccer player Ashley Lawrence's parents donned Team Canada shirts to welcome their daughter. The pair said they are looking forward to figuring out where to display the midfielder's bronze medal.

Penny Oleksiak, winner of four medals in Rio, speaks to media and signs autographs at Pearson International Airport on Tuesday. AARON VINCENT ELKAIM/THE CANADIAN PRESS

Lawrence's teammate, Jessie Fleming, said she was proud of their performance.

"We all had a good tournament and we definitely deserved to bring this home," Fleming said, holding her medal.

Most of the buzz focused on 16-year-old Oleksiak, who won four swimming medals at the Rio Games, including Canada's first gold.

"I didn't expect any of this," said Oleksiak, who was Canada's flag-bearer at the closing ceremonies. "I just want to say thank you to everyone (who cheered for me)."

Residents in Oleksiak's east-end Toronto neighbourhood known as The Beach are planning a celebration for her return, tentatively planned for Sunday.

Several of the returning athletes expressed gratitude for the support and encouragement they received from Canadians throughout the Games.

Long after most athletes had left the arrivals gate, gold medal-winning trampoline gymnast Rosie MacLennan stayed to sign autographs and take selfies with fans.

MacLennan, who carried Canada's flag at Rio's opening ceremonies, said making time for fans helps get them engaged in the Olympic process.

"It's a chance to share the experience with the people who supported us along the way," she said.

Teenage soccer fans Claire and Gillian Kilgour found out about the Olympic homecoming at midnight and got up at 4 a.m. to come to the airport with their father.

Three hours later, the 16-year-old twins were rewarded with an autograph from Kadeisha Buchanan, one of the bronze medal-winning women's soccer players.

The sisters stress they support the whole team, however.

"We don't have a favourite player," Gillian Kilgour said. "We like everybody." THE CANADIAN PRESS

11%

CBC's English coverage of the Rio Olympics averaged 1.271 million viewers, an 11 per cent increase over the London Games. Ratings peaked at 7.2 million for the men's 200-metre sprint final.

Bronze medallist for rugby sevens Megan Lukan, back, poses for a selfie with fans. AARON VINCENT ELKAIM/THE CANADIAN PRESS

MLB

Angels can't cool Martin's hot bat

At Rogers Centre

7	2
BLUE JAYS	ANGELS

Russell Martin drove in two runs and R.A. Dickey pitched into the seventh inning on Tuesday night as the Toronto Blue Jays beat the Los Angeles Angels 7-2.

Martin continued his torrid pace at the plate, racking up three hits and scoring once for Toronto (71-54). The Canadian entered the game hitting .414 in his last seven games with six home runs and 11 runs batted in.

Michael Saunders launched a solo shot while Darwin Barney had two hits, including a double, and scored twice. Melvin Upton Jr., Troy Tulowitzki and Josh Thole all drove in runs.

Dickey went 6-2/3 innings, allowing two runs on six hits while striking out two and walking two. His lone blemish came in the second inning when he gave up a two-run home run to Nick Buss.

Tyler Skaggs took the loss for the Angels (52-73), going four innings, allowing four runs on four hits while walking five and striking out two. He's now given up 19 earned runs in 17-2/3 innings through three August starts.

The Blue Jays entered the game in a tie for first place in the American League East division with the Boston Red Sox. THE CANADIAN PRESS

LAWSUIT

Woman claims Blue Jay gave her STDs

A New York woman is suing Edwin Encarnacion, alleging the Toronto Blue Jays slugger knowingly infected her with two sexually transmitted diseases.

Ashley Lebron, 24, filed the lawsuit in a New York court on Monday. She says in a statement of claim she contracted genital herpes and chlamydia after having unprotected sex with Encarnacion in February. She's seeking $11.5 million US in damages.

The documents contain allegations that have not proven in court.

Edwin Encarnacion GETTY IMAGES

Encarnacion hasn't spoken publicly about the lawsuit battery. His agent, Paul Kinzer, said in a statement released to Fox Sports and Sportsnet that the claim is "completely inappropriate and meritless." THE ASSOCIATED PRESS

HOCKEY IN BRIEF

NHL, players still on fence over playing in Olympics

The NHL and NHL Players' Association continues to weigh the pros and cons of returning to the Winter Olympics in 2018.

A new wrinkle in advance of the next Games centres around out-of-pocket payments the International Olympic Committee and International Ice Hockey Federation have covered, a practice the IOC has suggested stopping under president Thomas Bach. THE CANADIAN PRESS

Benn a no-go for Canada

Team Canada won't have Jamie Benn for the World Cup after all.

Hockey Canada announced Tuesday morning that the Dallas Stars forward, who is still recovering from an injury, would be replaced by San Jose Sharks forward Logan Couture on the Canadian squad next month.

The 27-year-old Benn underwent surgery to repair a core muscle injury on July 14. THE CANADIAN PRESS

DOPING

Russia's ban from Paralympics upheld

Two days after Russia finished fourth in the Olympic medal table, its Paralympic team was barred from the next big Games in Rio de Janeiro as punishment for a state-backed doping program.

Sport's highest court on Tuesday upheld a decision by the International Paralympic Committee to exclude the sports superpower. It was a step the IOC declined to take when it had the chance last month.

The 267 entries which Russian Paralympic athletes earned in 18 sports for the Sept. 7-18 games in Rio will now be allocated to other nations not judged responsible for orchestrated cheating.

Russia won 36 gold medals at the 2012 Paralympics, second most in London, and was a runaway table-topping leader at its home 2014 Winter Paralympics.

Still, the Sochi Winter Games and Winter Paralympics are now notorious for results corrupted by state-funded agencies plotting to swap tainted doping samples from Russian athletes for clean ones at official testing laboratories. THE ASSOCIATED PRESS

Lions stand in way of TFC's 'lofty goals'

MLS

Reds can claim East's top spot with result vs. Orlando SC

It was a dramatic, and ultimately disappointing, affair the last time Toronto FC visited Orlando City SC.

Operating from a thin squad back in late June — thanks to injuries, international duties and a hectic schedule including Canadian Championship matches — the visitors battled turf and humidity to twice come from behind during the regular 90 minutes.

But the Reds couldn't stave off a questionable 100th-minute injury-time penalty, one that legendary Brazilian Kaka put by goalkeeper Alex Bono. The 22-year-old had only just entered his first MLS game, after starter Clint Irwin suffered a long-term quadriceps injury in the 70th minute.

Drew Moor and TFC lost a 3-2 thriller when they last visited Orlando on June 25. RICARDO RAMIREZ BUXEDA/ORLANDO SENTINEL VIA AP

Toronto lost the match 3-2.

Two months less a day later, the Reds and the Lions will again meet in Florida. And Toronto feels its circumstances have improved.

"(That game) does feel like a long time ago and it does feel like a different part of our season," defender Justin Morrow said from Orlando Tuesday.

The Reds have weathered an injury crisis since their last visit to Orlando and are now unbeaten in six matches and can go to the top of the Eastern Conference with a win or a draw Wednesday.

Never before has the club occupied first place in the East after July 11; the last time it held that spot this season was following Toronto's opening 2-0 win over New York Red Bulls on March 6.

The team hopes to leave Florida with at least a point in hand, Morrow said.

"Top of the East is where we want to be. We've set lofty goals for ourselves and we want to get points from our games. We want to be the team that everyone looks towards and knows that we're a good team and it's going to be a challenge anytime they play us."

That doesn't mean Orlando will be an easy conquest. The Lions have lost just one home game this season and are currently only one place outside the East's six playoffs spots on goal difference alone.

Given the parity within the league, a draw, in almost all circumstances on the road, is a "very reasonable result," coach Greg Vanney said Tuesday.

TORSTAR NEWS SERVICE

NBA RAPTORS EXPAND WARDROBE The Toronto Raptors unveiled a pair of alternate uniforms for the 2016-17 season on Tuesday, one a replica of the Toronto Huskies in celebration of the 70th anniversary of that squad's inaugural season and the second commemorating the Chinese New Year. The new additions bring the Raptors' uniform options to six.

TORSTAR NEWS SERVICE/PHOTOS CONTRIBUTED

IN BRIEF

Heavyweight Lesnar's suspension lengthened

Nevada athletic regulators have extended Brock Lesnar's temporary suspension pending a hearing on his failure of drug doping tests at UFC 200.

The move approved Tuesday came after the U.S. Anti-Doping Agency found violations of UFC policy in June and at Lesnar's July 9 fight. THE ASSOCIATED PRESS

Wide receiver Cruz back practising with Giants

Victor Cruz was back with the New York Giants Tuesday marking the first time in almost two weeks the oft-injured 29-year-old wide receiver practised with the team.

Cruz missed last season with a calf injury and had his 2014 season ended after six games due to knee problems. THE ASSOCIATED PRESS

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RECIPE One-Pot Sweet Potato and Arugula Pasta

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

One-pot pasta meals pile ingredients together for dinner brilliance. We've paired the antioxidant power of sweet potato with peppery arugula but feel free to add other diced small veggies for quick cooking.

Ready in 30 minutes
Prep time: 10 minutes
Cook time: 20 minutes
Serves 4 to 6

Ingredients
- 450 grams penne pasta
- 8 cups baby arugula
- 1 sweet potato, diced into small cubes (to ensure they cook)
- 4 garlic cloves, cut in thin slices
- 1 shallot, cut into thin slices
- 1 sprig of rosemary
- 3 Tbsp of olive oil, plus 1 for garnish
- 1 Tbsp salt
- 6 cups water
- 1/2 cup grated Asiago or Parmesan cheese
- salt and pepper

Directions

1. Combine penne, arugula, sweet potato cubes, garlic, shallot, rosemary, 2 tablespoons oil, salt and water in a stock pot. Bring to boil over high heat. Boil mixture, stirring pasta frequently, until pasta is cooked al dente and water is nearly evaporated, 10 minutes.

2. Remove pot from heat and take out rosemary stem. Stir in last tablespoon of oil, cheese and season with salt and pepper to taste. Portion into bowls and serve with another sprinkle of cheese.

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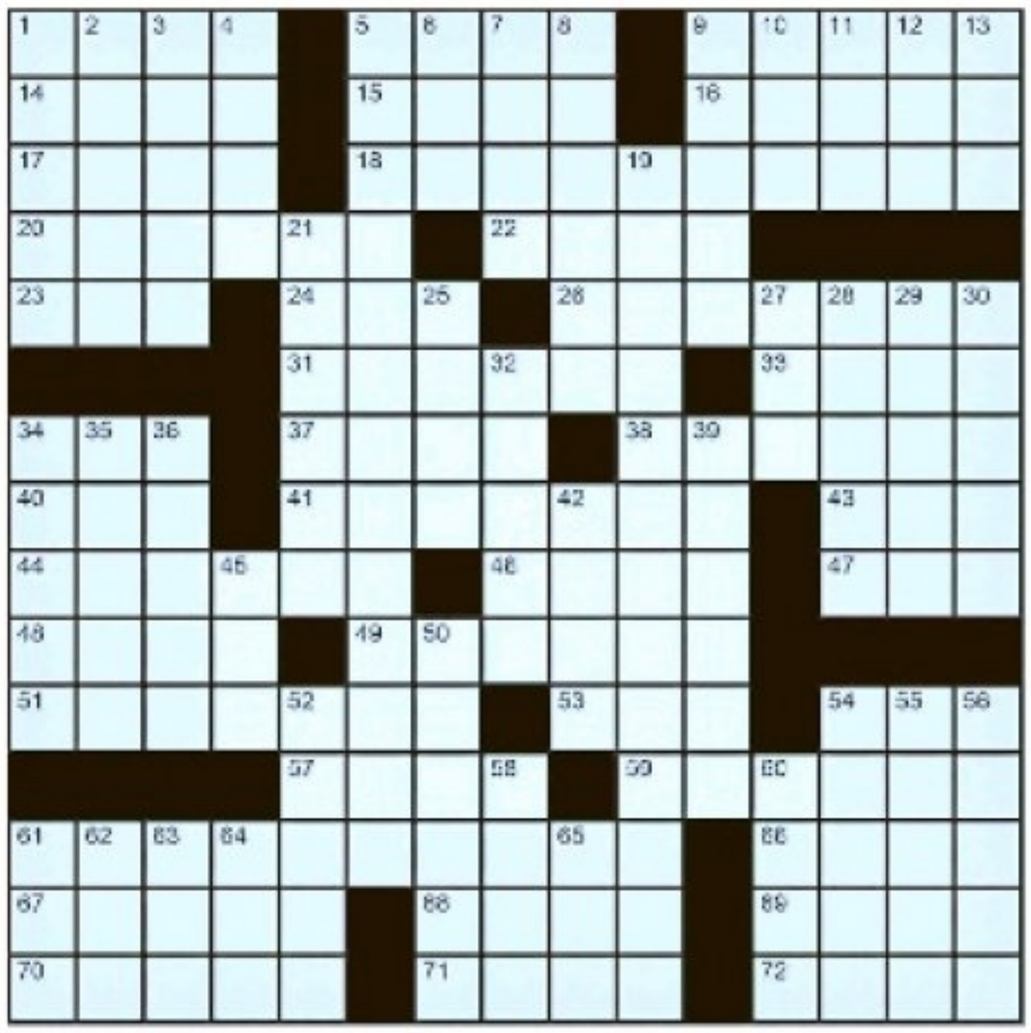
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Angelina's husband
5. Fish's temptation
9. Techie special occasion delivery
14. The Kinks song
15. Besides
16. Count __ and His Orchestra
17. Illegally aid
18. Bawling out
20. Run off the track
22. Unaltered
23. 'Smart' suffix (Most intelligent)
24. Bird beak
26. Softer/kinder
31. Grogginess
33. First-rate
34. Wager
37. Stagnate
38. Types in the data
40. Tic-Tac-Toe losing row
41. Spicy sauce sort
43. Become
44. Resort spot in Mexico
46. Gab
47. I Am Woman songstress ...her initials-sharers
48. Nero's 902
49. Canadian actor Henry
51. Fugitive
53. Gothenburg's li'l country
54. Ms. Vardalos
57. Russian city
59. The __ (2001), haunting Nicole Kidman film
61. Think, think, think...
66. Vivid fish
67. Bandleader, Xavier __
68. Italy: Mount __
69. Mr. Berkus (Home decorator)
70. Judges
71. Horse coat style
72. Oakville, ON: __ Abbey Golf Club

DOWN
1. __ Runner (1982)
2. Royal garbs
3. On the ball
4. Spreadsheet info
5. Veronica Tennant, Karen Kain and Evelyn Hart: 2 wds.
6. Miss. bordering state
7. Belief systems
8. Trinidad and __
9. Buddy of Barnaby Jones
10. Purina chower
11. (Now and Then There's) A Fool Such __ __ by Elvis
12. Tin Tin's lead-in
13. MBA, for one
19. The Guess Who chart-topper: 2 wds.
21. LASIK, Laser-assisted __-__ Keratomileusis
25. Lamp need
27. Water source
28. Lake, in Ireland
29. Website's welcoming word
30. Puts one's feet up
32. War protester's dream
34. Bowling of Italy
35. Studied- for things
36. Music chord type
39. Wait...: 2 wds.
42. Stock units [abbr.]
45. The Company, commonly
50. Kitchen gadget for citrus fruits
52. Bridges: French
54. Himalayas land
55. Furious
56. Washed-out
58. Stringed instrument of Japan
60. __ Kong
61. A-E link
62. Ms. McClanahan
63. Maturate
64. Music star, will._.__
65. Genetic letters

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Plans will be challenging today. Prepare for this and cope as best you can. Similarly, situations with publishing, the media, medicine and the law are tough.

Taurus April 21 - May 21
Disputes about shared property and inheritances will not be easy today. You will be stopped by obstacles. Just do what you can.

Gemini May 22 - June 21
Relations with partners and close friends are difficult because someone will oppose you today. Be prepared to accept this instead of making matters worse.

Cancer June 22 - July 23
Issues that are work-related are tough today. No matter what you do, you will meet with obstacles from others. Just cope as best you can.

Leo July 24 - Aug. 23
Children will be an increased responsibility today. Naturally, this goes with the territory. Sigh, it happens.

Virgo Aug. 24 - Sept. 23
Difficulties with family members will be challenging today because someone will oppose you. It might be wise to wait for another day to push your agenda.

Libra Sept. 24 - Oct. 23
Allow extra time today, because as this day unfolds, you will meet with delays, obstacles and minor difficulties.

Scorpio Oct. 24 - Nov. 22
Disputes about money or possessions are likely today. However, it will be difficult to reach an agreement. Why not postpone these talks for another day, when everyone is more co-operative?

Sagittarius Nov. 23 - Dec. 21
You will meet with opposition from someone. Don't give up. Just look for a new way around things, because there are many ways to do something. Be resourceful!

Capricorn Dec. 22 - Jan. 20
Something secretive might throw a wrench in your plans today. Go slowly to see if you can work things out. You don't have to solve this problem today.

Aquarius Jan. 21 - Feb. 19
Someone in a position of authority might block your efforts to lead a group or make suggestions. Sometimes you can't fight city hall. Accept what you can and cannot do.

Pisces
Feb. 20 - March 20
It will be tough to get the approval of your boss or someone in power. Best to wait for another day so that you can steer things the way you want them to go.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

		7		2	9	3	8	
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5				7	6			4
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7		3		6		9		5
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3	2	7	8	6	4	9	5	1
1	4	5	7	9	6	3	8	2
6	3	2	1	8	5	4	9	7
7	9	8	4	3	2	5	1	6
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